

### Abstract of the Disclosure

Novel methods and structures are disclosed for making various cushioning structures especially useful for cushioning portions of the human body. Such cushioning structures can be used, for example, in footwear, chairs, beds, automobiles or other applications where improved human comfort is of interest. The spring structures in one embodiment comprise a plurality of spring assemblies arranged or integrally formed in compressible materials, such as compressible polymeric materials. The structures preferably are layered or graduated in contact surface area so as to provide variable deflection rates.